

Dance

Cosman Academy of Dance



Social Dancing

(Ages 18+)

Have you ever wanted to be more confident and comfortable on the dance floor?

Come on out for a great time as Jason Lebar, Ballroom Dance Instructor, teaches you, the East Coast Swing, the Cha-Cha, and the Foxtrot in a relaxed and fun atmosphere. Our goal isn't to turn you into Fred Astaire and Ginger Rogers, but to help you become a more confident and comfortable dancer as you take your loved one out onto the dance floor. Wear comfortable clothing and smooth soled shoes. Couples only.

REC Center Dance Studio
Minimum 5 / Maximum 15 (couples)

CODE	DAY	DATE(S)	TIME	FEE
310339-01	Wed.	10/6-11/10	7:00-8:00 p.m.	\$80/Couple

Ballroom Blitz

(Ages 21+)

The Huntley Park District will hold Friday Night Ballroom Dances this fall. These dances are open to all levels of dancers. Jason Lavar, Ballroom Dance Instructor, will give a 30 minute instruction session at 7:00 p.m. then open dancing will be start at 7:30-9:00 p.m. held at the REC Center. Pay at the door, \$5 per person. Space will be limited.

Fridays, November 12, December 3 and December 17

All That Jazz: Adult Beginner Jazz

(Ages 21+)

Jazz is an exciting dance form full of rhythm, passion and life. Val Stroud will teach basic jazz dance technique, terminology and movement quality will be covered. Jazz dance brings energy and life to all those who dance it through the music of today and the classical jazz of yesterday. All fitness levels are welcome. Participants should wear comfortable exercise clothes and smooth soled shoes. No jeans, athletic shoes or heels. Second session runs for six weeks. **Registration deadline is one week prior to start date.**

CODE	DAY	DATE(S)	TIME	FEE
310338-01	Thurs.	9/9-10/28	10:30-11:30 a.m.	\$48/\$72
310338-02	Thurs.	11/4-12/16	10:30-11:30 a.m.	\$36/\$54
NO CLASS 11/25				

Ballet/Tap

(Ages 2-4)

Join in on the fun with Brenda Adams as she works with your child to help them develop his/her balance, coordination and dance skills. Moving through music is a fun filled way to learn how to dance. Our fall dance recital will be held at the end of the session and those who wish to participate will need to purchase a costume. More information will be handed out at class. Children should have tap and ballet shoes. **Registration Deadline is September 4. Recital is December 12.**

CODE	DAY	DATE(S)	TIME	FEE
Age 2				
310509-01	Sat.	9/11-12/4	11:30-12:00 p.m.	\$90/\$116
310509-02	Sat.	9/11-12/4	1:15-1:45 p.m.	\$90/\$116
310509-03	Sat.	9/11-12/4	3:45-4:15 p.m.	\$90/\$116
Ages 3-4				
310509-04	Sat.	9/11-12/4	9:00-9:30 a.m.	\$90/\$116
310509-05	Sat.	9/11-12/4	9:45-10:15 a.m.	\$90/\$116
310509-06	Sat.	9/11-12/4	2:00-2:30 p.m.	\$90/\$116
NO CLASS 9/25 & 11/27				

Mother/Daughter Tap/Ballet

(Ages 4-7 with mother)

Come join us for an exciting mother/daughter class! We will be covering tap and ballet in this program and will put together dance numbers for our fall dance recital. Don't miss out on all the fun. Participants will need both tap and ballet shoes. **Registration Deadline is September 4. Recital is December 12.**

CODE	DAY	DATE(S)	TIME	FEE
310510-01	Sat.	9/11-12/4	4:30-5:15 p.m.	\$120/\$144
NO CLASS 9/25 & 11/27				

Ballet/Tap/Jazz Classes

(Ages 5-15)

Brenda Adams is an experienced instructor and puts a lot of fun into learning the dance styles. Sign up early as there is limited enrollment. Our fall dance recital will be held at the end of the session and those who wish to participate will need to purchase a costume. More information will be handed out at class. Children should have tap and ballet shoes. Dance clothing, such as a leotard, is optional.

Registration deadline is September 4. Recital is December 12.

CODE	AGES	DAY	DATE(S)	TIME	FEE
310508-01	5-6	Sat.	9/11-12/4	10:30-11:15 a.m.	\$120/\$144
310508-02	7-10	Sat.	9/11-12/4	2:45-3:30 p.m.	\$120/\$144
310508-03	11-15	Sat.	9/11-12/4	12:15-1:00 p.m.	\$120/\$144
NO CLASS 9/25 & 11/27					

Dance Classes



Center Stage Dance Academy offers a fun and energetic program to develop your child's dance technique, self-esteem, and confidence. Our program offers classes from age 3 through adult. Classes are based on age and ability level. If you have any questions as to what class your child should be in, please contact Center Stage Dance Academy at (847) 848-3529.

TO RECEIVE A SIBLING DISCOUNT, REGISTRATION MUST TAKE PLACE IN PERSON. OLDEST CHILD MUST BE REGISTERED FIRST AND YOUNGER CHILD WILL RECEIVE THE SIBLING DISCOUNT.

Mom & Me

(Ages 2-3 with Parent)

Come spend some quality time with your child and learn the basics in ballet, tap and creative movement. Your child will need ballet and tap shoes for class.

Center Stage Dance Studio—10631 Wolf Dr., Huntley
Minimum 6 / Maximum 10

CODE	DAY	DATE(S)	TIME	FEE
310719-01	Thurs.	9/9-10/28	9:45-10:25 a.m.	\$76/\$86
310719-02	Thurs.	11/4-12/16	9:45-10:25 a.m.	\$57/\$67
310719-03	Thurs.	9/9-10/28	5:00-5:40 p.m.	\$76/\$86
310719-04	Thurs.	11/4-12/16	5:00-5:40 p.m.	\$57/\$67

NO CLASS 11/25

Preschool Dance

(Ages 3-5)

This class offers your young child an introduction to tap, ballet, and creative movement through fun activities and dance routines to some of their favorite songs. Don't miss out on this opportunity for your youngster to learn and grow within the art of dance. Leotard, tights, ballet & tap shoes are required. Hair must be pulled back at all times.

REC Center Dance Studio Minimum 6 / Maximum 15

CODE	DAY	DATE(S)	TIME	FEE
310720-01	Tues.	9/7-10/26	10:00-10:40 a.m.	\$76/\$86
310720-02	Tues.	11/2-12/14	10:00-10:40 a.m.	\$57/\$67
310720-03	Thurs.	9/9-10/28	11:40-12:20 p.m.	\$76/\$86
310720-04	Thurs.	11/4-12/16	11:40-12:20 p.m.	\$57/\$67

NO CLASS 11/25

Center Stage Dance Studio—10631 Wolf Dr., Huntley

310720-05	Mon.	9/13-10/25	10:00-10:40 a.m.	\$67/\$77
310720-06	Mon.	11/1-12/13	10:00-10:40 a.m.	\$67/\$77
310720-07	Thurs.	9/9-10/28	5:45-6:25 p.m.	\$76/\$86
310720-08	Thurs.	11/4-12/16	5:45-6:25 p.m.	\$57/\$67
310720-09	Sat.	9/11-10/30	10:00-10:40 a.m.	\$76/\$86
310720-10	Sat.	11/6-12/18	10:00-10:40 a.m.	\$57/\$67
310720-11	Sat.	9/11-10/30	10:50-11:30 a.m.	\$76/\$86
310720-12	Sat.	11/6-12/18	10:50-11:30 a.m.	\$57/\$67

NO CLASS 11/25

Preschool Plus

(Ages 4-5)

Must have completed one full year of preschool dance. Expand upon ballet and tap technique and learn across the floor movements.

REC Center Dance Studio Minimum 6 / Maximum 15

CODE	DAY	DATE(S)	TIME	FEE
310721-01	Tues.	9/7-10/26	10:50-11:35 a.m.	\$80/\$90
310721-02	Tues.	11/2-12/14	10:50-11:35 a.m.	\$70/\$80

NO CLASS 11/25

Center Stage Dance Studio—10631 Wolf Dr., Huntley

Minimum 6 / Maximum 15

310721-03	Mon.	9/13-10/25	10:50-11:35 a.m.	\$70/\$80
310721-04	Mon.	11/1-12/13	10:50-11:35 a.m.	\$70/\$80
310721-05	Thurs.	9/9-10/28	6:30-7:15 p.m.	\$80/\$90
310721-06	Thurs.	11/4-12/16	6:30-7:15 p.m.	\$60/\$70
310721-07	Sat.	9/11-10/30	11:35-12:20 p.m.	\$80/\$90
310721-08	Sat.	11/6-12/18	11:35-12:20 p.m.	\$60/\$70

NO CLASS 11/25

Mini Poppers

(Ages 7+)

For all the little hip hop want-to-be's this is the class for you. Come out for this fun class and learn how to shake your hips with beginner popping and some jazzy hip-hop moves.

Chesak Elementary

Minimum 6 / Maximum 20

CODE	DAY	DATE(S)	TIME	FEE
310726-01	Thurs.	9/9-10/28	4:10-4:55 p.m.	\$80/\$90
310726-02	Thurs.	11/4-12/16	4:10-4:55 p.m.	\$80/\$90

NO CLASS 11/25

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Ballet/Tap/Jazz Level 1

(Grades K-2)

This fun and energetic class will teach the basic techniques in jazz, ballet, and tap along with current dance trends using across the floor and center floor combinations. Don't miss this chance to sign up for our new weekday dance classes to enrich and entertain your child through dance. Students must have Leotard, tights, ballet or jazz shoes and tap shoes. Hair must be pulled back at all times.

Mackeben School		Minimum 6 / Maximum 15			
<u>CODE</u>	<u>DAY</u>	<u>DATE(S)</u>	<u>TIME</u>	<u>FEE</u>	
310722-01	Mon.	9/13-10/25	3:40-4:40 p.m.	\$77/\$87	
310722-02	Mon.	11/1-12/13	3:40-4:40 p.m.	\$77/\$87	

*10/11 class held at Center Stage Dance Studio

Chesak Elementary School		Minimum 6 / Maximum 15			
<u>CODE</u>	<u>DAY</u>	<u>DATE(S)</u>	<u>TIME</u>	<u>FEE</u>	
310722-03	Tues.	9/7-10/26	4:10-5:10 p.m.	\$88/\$98	
310722-04	Tues.	11/2-12/14	4:10-5:10 p.m.	\$77/\$87	

Center Stage Dance Studio		Minimum 6 / Maximum 15			
<u>CODE</u>	<u>DAY</u>	<u>DATE(S)</u>	<u>TIME</u>	<u>FEE</u>	
310722-05	Mon.	9/13-10/25	5:00-6:00 p.m.	\$77/\$87	
310722-06	Mon.	11/1-12/13	5:00-6:00 p.m.	\$77/\$87	

Hip Hop/Jazz Level 1

(Grades K-2)

Looking to jump into the newest dancing trend and try something more modern? Come and join this fun and energetic class that will teach basic jazz technique and current dance trends in clean hip-hop (street jazz) and popping. Students must have t-shirt, dance or exercise pants (must cover the knees for floor work) and jazz or hip hop sneakers. Hair must be pulled back at all time.

Hannah Martin School		Minimum 6 / Maximum 15			
<u>CODE</u>	<u>DAY</u>	<u>DATE(S)</u>	<u>TIME</u>	<u>FEE</u>	
310724-01	Tues.	9/7-10/26	3:25-4:25 p.m.	\$88/\$98	
310724-02	Tues.	11/2-12/14	3:25-4:25 p.m.	\$77/\$87	

Senior/Adult Tap

(Ages 55+)

For all you dancers 55 and over – come on out and bring a friend for this fun and energetic tap class and learn all the basics in tap technique, exercise and have a good time. Class level based on the average skill level of the participants.

REC Center Dance Studio		Minimum 6 / Maximum 30			
<u>CODE</u>	<u>DAY</u>	<u>DATE(S)</u>	<u>TIME</u>	<u>FEE</u>	
310730-01	Tues.	9/7-10/26	11:45-12:30 p.m.	\$48/\$58	
310730-02	Tues.	11/2-12/14	11:45-12:30 p.m.	\$42/\$52	

Beginner Level Class

310730-03	Tues.	9/7-10/26	12:35-1:20 p.m.	\$48/\$58	
310730-04	Tues.	11/2-12/14	12:35-1:20 p.m.	\$42/\$52	

Hip Hop with Alvin

(Ages 7-Adult)

Come and join this fun and energetic class to will teach current dance trends. Students much have t-shirt, long shorts, dance or exercise pants (must cover the knees for floor work) and hip hop sneakers or clean sneakers. Hair must be pulled back at all times. Come join our new award-winning hip hop instructor, Alvin Ramirez from Xtreme Dance, for this high energy class. Alvin is one of the top hip-hop choreographers in the area!

Center Stage Dance Studio		Minimum 6 / Maximum 15			
<u>CODE</u>	<u>AGES</u>	<u>DAY</u>	<u>DATE(S)</u>	<u>TIME</u>	<u>FEE</u>
310723-01	7-9	Thurs.	9/9-10/28	6:15-7:15 p.m.	\$88/\$98
310723-02	7-9	Thurs.	11/4-12/16	6:15-7:15 p.m.	\$66/\$76
310723-03	10-12	Thurs.	9/9-10/28	7:15-8:15 p.m.	\$88/\$98
310723-04	10-12	Thurs.	11/4-12/16	7:15-8:15 p.m.	\$66/\$76
310723-05	13-17	Thurs.	9/9-10/28	8:15-9:15 p.m.	\$88/\$98
310723-06	13-17	Thurs.	11/4-12/16	8:15-9:15 p.m.	\$66/\$76
310723-07	Adult	Thurs.	9/9-10/28	9:15-10:15 p.m.	\$88/\$98
310723-08	Adult	Thurs.	11/4-12/16	9:15-10:15 p.m.	\$66/\$76

NO CLASS 11/25

Tumbling

Spotlight Performance Tumbling Classes

These classes are full of energy and encouragement to provide a positive learning experience for each individual. Check out the program descriptions for the fun.

Parent/Tot Tumbling

(Ages 24-41 months with parent)

What a great opportunity to spend quality time with your toddler! The program will include songs, stretching, parachute games, and basic tumbling. Parents must accompany the child during the program and the child must be the appropriate age by the first class. Class is taught by Spotlight Performance instructor.

REC Center Multipurpose Room

Minimum 6 / Maximum 10

CODE	DAY	DATE(S)	TIME	FEE
310504-01	Thurs.	9/9-10/14	10:40-11:20 a.m.	\$50/\$75
310505-01	Thurs.	10/28-12/9	10:40-11:20 a.m.	\$50/\$75
NO CLASS 11/25				

Parents who have children not participating should use our Kid's Club babysitting! See page 7 for fees and information.

Beginner Tumbling

(Ages 42 months-5 years without parent)

Introduce your child to beginning tumbling. Skills include forward and backward rolls, straddles, pikes, tucks, balance beam, and much more! Child must be appropriate age by first day of class. Class is taught by Spotlight Performance instructor.

REC Center Multipurpose Room

Minimum 6 / Maximum 8

CODE	DAY	DATE(S)	TIME	FEE
310504-02	Thurs.	9/9-10/14	9:50-10:30 a.m.	\$50/\$75
310505-02	Thurs.	10/28-12/9	9:50-10:30 a.m.	\$50/\$75
NO CLASS 11/25				

Wiggle Time Tumbling

(Ages 3-4 years with Parent)

This Wiggle Time class is a world of discovery for both parent and child! Children at this age need an active environment to challenge them both physically and mentally. This class is designed to introduce children into a "class" environment as well as begin to teach tumbling skills that are developmentally appropriate: forward rolls, straddle rolls, backwards rolls and bridges, log rolls and possibly cartwheels.

REC Center Multipurpose Room Minimum 6 / Maximum 10

CODE	DAY	DATE(S)	TIME	FEE
310025-01	Sat.	9/11-10/23	10:15-10:45 a.m.	\$50/\$75
310025-02	Sat.	10/30-12/11	10:15-10:45 a.m.	\$50/\$75
NO CLASS 9/25 & 11/27				

Kinder Tumbling

(Ages 5-6 years)

Calling all gymnasts! Kids, come and learn forward & backward rolls, cartwheels, round-offs, handstands, back bends and front limbers. This action packed class will include warming-up and conditioning. Your child will also improve his/her flexibility and strength. Gymnasts will advance at their own pace.

REC Center Multipurpose Room Minimum 6 / Maximum 12

CODE	DAY	DATE(S)	TIME	FEE
310026-01	Sat.	9/11-10/23	9:15-10:00 a.m.	\$50/\$75
310026-02	Sat.	10/30-12/11	9:15-10:00 a.m.	\$50/\$75
NO CLASS 9/25 & 11/27				

